

Harvard Beets25

Number of Servings: 25 (113.87 g per serving)

Amount	Measure	Ingredient
2 1/2	qt	Beets, cnd, drained, diced
2 1/8	cup	Pineapple, chunks, w/juice, cnd, drained
2 1/8	cup	Juice, beetroot
2/3	cup	Juice, pineapple, unswtnd, w/o add vit C, cnd
1/2	cup	Cornstarch
2/3	cup	Vinegar, cider

Nutrients per serving

Nutrition Facts	
Serving Size (114g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Drain beets and pineapple and reserve liquid from each separately. If more beet juice needed, water may be substituted for a little of it.

Stir cornstarch into 1/2 the measure of beet juice briskly. Add the remaining beet juice, the pineapple juice and the vinegar. Cook until thickened and clear, stirring with wire whip.

With spoon, stir beets in to sauce and bring to a simmer.

Serve 1/2 cup serving with a 4 oz spoodle or a #8 scoop = 1 serving veg/fruit

1/2 c = 12 grams carbohydrate = 1 Carb Serv